

**MARY WISE Menu Planners AND SHOPPING SUGGESTIONS**

**Sandwiches Are Daily Favorites**

Sandwiches are favored for every day in the week.

Cold with hot soup, hot with cold soup; plain or fancy, they appear as an All-American dish.

Try them on Wonder Soft Whirled Sandwich Bread made in square loaf especially for this purpose.

Recipes for two fancy sandwiches follow.

**SAUSAGE SANDWICH TRIPLE DECK**

- 1-lb. pork sausage
- 1/4 cup chopped green pepper
- 1/4 cup chopped onion
- 2 tbs. water
- 1/2 cup grated Cheddar cheese
- 1 can condensed cream of mushroom soup
- 12 slices Wonder Soft Whirled Sandwich Bread
- 3 tbs. milk

Place sausage, green pepper, onion and water in cold frying pan. Cover tightly and cook slowly about 10 minutes or until sausage is nearly done.

Pour off drippings and stir in cheese. Add 1/4 cup mushroom soup and blend well with sausage mixture.

Allow 8 slices of bread for spreading with sausage mixture.

Allowing 1/4 cup of sausage mixture for each layer, spread one slice of bread with filling. Top with second slice and cover with filling. Top these two with third slice of bread.

Place on cookie sheet and brown in hot oven (400 degrees) for 5 to 7 minutes. Add milk to remaining soup. Heat and serve as sauce over sandwiches, if desired.

**OPEN FACE CHICKEN SANDWICH**

- Sliced cooked chicken for 4 sandwiches
- 8 slices tomato
- 4 thin slices process cheese
- 4 slices buttered Wonder Soft Whirled Sandwich Bread, toasted
- 1 (10 1/2-oz.) can chicken gravy

Arrange sliced chicken, 2 slices tomato and 1 slice cheese on each piece toasted and buttered Wonder Soft Whirled Sandwich Bread.

Place on cookie sheet. Broil 5 inches from heat for 5 to 10 minutes or until cheese is melted and chicken and tomato are hot.

Meanwhile, in saucepan, heat chicken gravy. Serve over open-face sandwiches.

**Month Offers Abundance of Seafoods**

Plentiful seafoods anticipated throughout this month are seabass, swordfish, oysters, crabs and crab meat, according to Southern California Fisheries Association.

Two basic types of seabass are common to the Pacific coast areas: Black and white; and the Striped Bass which is a game fish and relatively small.

**Many Varieties**

From these two basic types are derived any number of varieties and one or more of them should be available throughout the month.

In Southern California cities, seabass are for the most part filleted into boneless and skinless loins to be chunked or sliced into steaks as desired.

**Other Seafoods**

Quick frozen California and Imported swordfish are in ample supply.

Oysters are still plentiful and the quality is excellent.

January is peak Dungeness crab production month for California. Look for it and King crab during the entire month.

Here is a recipe that combines two of the month's seafoods.

**SEABASS-CRAB FISH BAKE**

Arrange 1 pound fillets of white seabass in buttered, shallow baking dish (10x6x2). Scatter 1 cup flaked crab meat over seabass.

Blend 1 (11-oz.) can condensed Cheddar cheese soup, 1 tablespoon frozen chopped chives and 1 tablespoon chopped parsley. Pour over fish.

Bake at 400 degrees for about 30 minutes or until fish is done.

**Large Eggs Plentiful**

This is the time of year when you'll find a preponderance of large size eggs. If you are accustomed to reaching for the mediums, you'd be wise to compare prices. This situation usually continues until about mid-February.

**Winter Fare Contains Nutrition**



**THIS JANUARY DINNER** is easy to prepare and nutritious to eat. The salad combines two of California's plentiful fruits—avocados and grapefruit. The vegetable comes right out of a frozen package and the meats combine to make a ham loaf of elegance.

Winter dinners take on a new look. They are wholesome, simple and easily prepared; chock full of good nutrition.

Today's menu of ham loaf, fruit salad and lima beans in cheese sauce with custard and macaroons for dessert make a meal for January enjoyment.

Use frozen lima beans which have seasoned cheese sauce packeted therein. Custard goes together 1-2-3.

Other recipe are included here.

**HAM LOAF**

- 1 lb. ground cooked ham
- 1 lb. ground fresh pork
- 2 eggs, slightly beaten
- 1 cup cracker crumbs
- 1 cup milk
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 cup pineapple chunks
- 5 maraschino cherries
- 3/4 cup firmly packed brown sugar
- 2 tsp. dry mustard
- 1/4 cup vinegar

Combine ham, pork, eggs, cracker crumbs, milk, salt and pepper. Mix thoroughly.

Arrange pineapple and maraschino cherries in bottom of 10x5x3-inch loaf pan. Combine sugar, mustard and vinegar and mix well. Spread half the sugar mixture over fruit in bottom of pan.

Top with meat mixture,

packing it firmly. Spread top of loaf with rest of sauce. Bake loaf at 375 degrees for 1 1/2 hours. Serve hot or cold with mustard sauce, if desired. Makes 8 to 10 servings.

**FRUIT SALAD**

Combine 2 quarts coarsely chopped assorted salad greens, 2 avocados, peeled and sliced and 2 grapefruit, peeled and sectioned. Arrange on large platter. Spoon Sherried Dressing over all just before serving.

**SHERRIED DRESSING**

- 1 env. blue cheese salad dressing mix
- 1/4 cup vinegar
- 1/4 cup cream sherry
- 1/2 cup salad oil

Empty salad dressing mix into cruet or jar. Add other ingredients and shake well.

**CHOCOLATE MACAROONS**

- 1 1/2 cups grated coconut
- 1/2 cup sweetened condensed milk
- Dash salt
- 1 tsp. vanilla
- 1/4 tsp. almond extract
- 1 cup chocolate chips

Combine all ingredients and mix well. Drop by teaspoons 1 inch apart on greased baking sheet.

Bake at 325 degrees for 12 to 15 minutes, or until cookies are golden brown. Remove from baking sheet at once.

**FAVORED DESSERT IS FOR DIETERS**

No-bake cheese cake is a creamy, light treat when skim milk is added.

Combine 2 envelopes unflavored gelatine, 6 tablespoons sugar and dash of salt in top of double boiler. Beat 1 1/2 cups skim milk and 3 egg yolks together and add to gelatine.

Stir constantly while cooking over boiling water until gelatine dissolves and milk thickens—about 6 min. Remove from heat and add 1 teaspoon grated lemon rind and chill.

Whip 3 cups creamed cottage cheese into billowy lightness (3 minutes at high speed of electric mixer does the trick).

Stir in 2 tablespoons lemon juice and 1 teaspoon vanilla; fold in thickened gelatine. Beat 3 egg whites until stiff; add 6 tablespoons sugar and continue beating until stiff peaks are formed.

Fold egg whites into gelatine mixture and turn into 8-inch spring-form pan. Sprinkle graham cracker crumbs on top and chill until firm.

Non-fat dry milk is one of the handiest items you can keep on your cupboard shelf, say home economists of the Dairy Council of California.

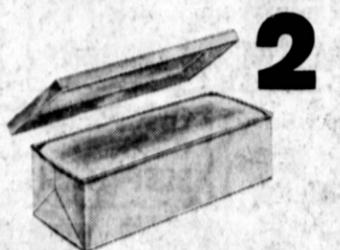
**Q: WHAT MAKES THIS THE GREATEST SANDWICH LOAF EVER BAKED?**



**A: THESE 3 EXCITING FEATURES!**



**1 NO NEED TO TRIM CRUSTS...** they "eat" as good as the bread itself! You can throw that bread knife away!



**2 SPECIAL BAKING COVERS** seal in extra oven flavor... make slices perfectly square, for neater sandwiches.



**3 "SOFT WHIRLED" PROCESS** means no holes... jellies, jams, sandwich fillings, mayonnaise can't drip through.

Wonder thought of everything with this sensational loaf! The special "Soft Whirl" process means every slice is flawless in texture; has no holes. The crusts are thin and delicate... actually "eat" as good as the bread itself. And these extra-tender slices are square shaped and thin sliced so that you get more and neater sandwiches per loaf!

Wonder "Soft Whirled" Sandwich Bread tastes as good as it looks, too... soft, smooth, fine—perfect! Get a big, fresh loaf at your food store today.

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- MADE WITH RUM Daiquiri Cocktail
- MADE WITH TEQUILA Margarita Cocktail

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